



THE 19-MILLION-DOLLAR MAN

Marc Methot, seen here in a March 2014 game against the Chicago Blackhawks, inked a deal with the Ottawa Senators for four years with the club, but can the injury-plagued Methot become the second power defenceman the team needs? See stories, pages 6 & 17. JIM MCISAAC/GETTY IMAGES

Grocery store booze on ice

LCBO. Province has told liquor agency to halt supermarket kiosks

The LCBO has shelved plans to put express kiosks in Ontario grocery stores, a spokeswoman has told Torstar News Service.

The Liberal government told the liquor agency to halt the long-awaited addition of booze outlets in supermarkets as the province overhauls the way beer and liquor is sold across Ontario, the government-run liquor agency said.

"In light of the work currently being done by the premier's advisory council on government assets, the provincial government has asked LCBO to put a hold on the LCBO Express Stores initiative," spokeswoman Heather MacGregor confirmed.

Finance ministry spokesmen did not respond to Torstar's request for comment Monday.

The blue-ribbon panel on monetizing provincial assets, led by former TD Bank chairman Ed Clark, has recommended keeping the LCBO in

public hands while expanding its operations and charging The Beer Store a franchise fee.

Finance Minister Charles Sousa generated a lot of buzz when he announced the pilot program last spring to put express liquor kiosks in 10 grocery retailers by the end of 2014. The government missed that deadline, but said at the time that plans were still in the works to have some installed in 2015.

After the concept was unveiled last April, grocery stores had to apply to the province by May 9, 2014, for a chance to install the store-within-a-store.

The LCBO updated Torstar last November that it was in talks with only three retailers in Toronto, Mississauga and London, but had not yet completed deals or revealed exact supermarket locations where liquor would be sold.

"The LCBO was in the process of finalizing lease agreements with (the three) host retailers," MacGregor said Monday.

"These negotiations are now on hold. Respective retailers have been notified," she added.

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No day off for these workers

Public servants. Stuck at work on Family Day, many say they wouldn't have any grand plans if they had the day to themselves



TREVOR GREENWAY
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If federal employees were given an adult PD day — with no kids, no work and no chores to be done — many of them would do a whole lot of nothing.

Metro hit the streets on Family Day, targeting downtown federal buildings buzzing with busy workers during their precious lunch hour. Federal workers don't get to observe Family Day unless they take a vacation day as the day is not part of their collective agreement with the government.

We asked them what they would do if they had a free

adult day off. Not surprisingly, nobody mentioned skydiving, horseback riding or spending the day finding a new job that recognizes Family Day.

"What would I do?" repeated federal employee Kim Fortier, clearly thrown off by such an absurd question. "To be honest, I would stay home and just relax, watch some TV and not worry about anything. It would be pretty great, actually."

Rebecca Dimoff said it's difficult working on Family Day, especially when it's cold outside, as there is nothing to do and most of her friends and family are cozy inside watching movies and eating holiday food.

But she wouldn't spend the day in her pyjamas binge-watching a Netflix Original series; instead she said she would take advantage of the free time to explore her own city and its heritage attractions.

"If I had an adult PD day, I would probably take the day to go to the canal, do things around Ottawa," she said.



Public servants leave work around 3:30 p.m. on Family Day. TREVOR GREENWAY/METRO

If they had the day off ...



"I would go and see Parliament Hill more and definitely go to the art museum and more museums." *Rebecca Dimoff*



"I would stay home all day, watch TV, go to sleep, maybe go shopping or go to the gym. I don't see the point of having a family if the majority of the city is working. It only makes sense to have a holiday where everybody in the whole family can be together." *Manal Farhat*

Police wrong to leak murder suspicions: Lawyer



Accused home invader Ian Bush is presumed innocent until proven guilty, his lawyer says. POLICE HANDOUT

A defence lawyer for a man accused of trying to rob and kill a 101-year-old Second World War veteran says police acted inappropriately by leaking information to media that her client will be charged with an unsolved 2007 triple homicide.

"I was surprised by the story and certainly the police have not indicated anything to me or my client," Geraldine Castle-Trudel told Metro.

The Ottawa Citizen reported online Monday that the accused man, Ian Bush, 59, is allegedly being linked through DNA evidence to the murders of retired tax court judge Alban

Garon, his wife, Raymonde, and their neighbour, Marie-Claire Beniskos. Bush gained national attention when he was charged in the 2014 home invasion of Ernest Côté.

Garon, his wife and neighbour were found dead in the Garons' luxury condo on Riverside Drive, and in the eight years that have passed the killer has not been caught.

DNA evidence recovered from Côté's New Edinburgh home allegedly matched samples from the Garons' home, according to the Citizen report.

Bush is in custody at the Royal Ottawa Mental Health Centre

for a mental-health assessment. The report said police expect to charge Bush Friday, the day he is scheduled to appear in court.

Police have not publicly confirmed a link between the two cases and investigators at the Ottawa police major crime unit were not available to comment Monday.

"If the story is accurate, why didn't they just go and charge him? They know exactly where he is," asked Castle-Trudel in an interview. "There's absolutely no reason why they couldn't charge him if they're going to. If they do eventually charge him, I really think it's improper

to have basically launched this story in the press and then go and charge somebody over in the courthouse ... four days later."

Although she described the revelation as "a hugely significant development" she wants to proceed with caution because she doesn't know what the media report is based on.

"My concern is, in the understandable desire to solve an unsolved case, sometimes people draw conclusions which in fact are not valid," she said, adding that Bush is innocent until proven guilty.

JOE LOFARO/METRO



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1 NEWS

Ottawa Jewish high school to close its doors

Education. Declining enrolment not unique to the city, official says



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The Ottawa Jewish Community School (OJCS) is closing the doors to its high school, citing low enrolment and a lack of funding.

According to a statement by the school and emailed to Metro, the OJCS needs at least \$250,000 a year to address a funding deficit. That means every incoming Grade 9 class needs at least \$1 million to see them through to graduation.

There are 24 students enrolled this year and 20 were expected next year, figures too low to be sustainable, according to the OJCS.

"Put simply, not enough

families are choosing to send their children to grades 9 through 12" at the school, reads the statement by Aaron Smith, president of the OJCS board of directors.

Andrea Freedman, the president and CEO of the Jewish Federation of Ottawa, called the decision "very unfortunate" but a long time coming.

"It certainly does have an impact in our community because the school has such a terrific track record of producing leaders," she said, but noted there are about 900 Jewish teens in Ottawa, many who seek out other educational experiences in after school programs, youth groups, trips to Israel and Jewish summer camps.

Both Freedman and Smith say this declining enrolment is not unique to Ottawa.

The OJCS is now focusing on its elementary school, which has an enrolment of about 200 students.



Family Day fun in Confederation Park

Susie Bagle watches her daughter, Bridget Hampton, 6, fling a large 'Loony Ball' into some fixed bowling pins in Confederation Park Monday during Family Day. Bagle said it was too cold for a skate on the Rideau Canal, but not too cold for a warm and toasty Beavertail in the park. Monday marked the last day of the 37th edition of Winterlude. The department of Canadian Heritage said hundreds of thousands of visitors came to celebrate the annual winter festival Jan. 30 to Feb. 16 in places like the Snowflake Kingdom in Jacques Cartier Park and the Crystal Garden in Confederation Park. The Winter Beerfest also drew in a record 12,000 people in Gatineau and Lansdowne Park this year. JOE LOFARO/METRO

Ontario

Third of workers lack health benefits: Study

One-third of Ontario employees receive no medical and dental benefits through their workplace, with low-income workers and women most likely to be excluded, according to a report to be released Tuesday.

The study by the Wellesley Institute, a health policy think-tank, shows that the vast majority of those in precarious or low-wage jobs do not have employer-provided health plans. The report notes those workers are not often eligible for government-funded benefits either. The study found about 35 per cent of Ontario workers don't have medical and dental coverage through their employer. About 85 per cent of those earning less than \$10,000 get no workplace health benefits, and about 70 per cent of those earning between \$10,000 and \$20,000 are not covered.

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An early morning fire on Monday destroyed a couple's brand new Fiat parked in a garage on Rondel Street. FACEBOOK

Fire displaces family, ruins new vehicle

Blackburn Hamlet.

Blaze erupts after block heater plugged in



JOE LOFARO
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A man's attempt to start a frozen car in his garage before work took an unexpected turn early Monday morning after the vehicle caught fire and torched the garage, causing more than \$150,000 in damages.

Joao Da Silva's new 2014 Fiat wouldn't start, so he tried plugging in a block heater to give it a boost in the cold weather and walked into his townhome for just a couple of minutes, according to his daughter, Sonia.

"Then my mom noticed the lights flickering and then the lights just burst," said Sonia, adding that a burned smell inside their home on Rondel Street soon followed.

"He opened the door and the car was already in flames. He even tried to go and unplug what he plugged, but by then you just couldn't get inside the garage. The flames instantly picked up."

Her dad ran to a neighbour's house to knock on their door and call 911, she said.

Quoted

"My mom was shaken up completely. My dad was in good spirits. It's replaceable, rebuildable. I told her, 'Don't worry, we can get (the house) back up again.'"

Sonia, daughter of Joao Da Silva, who's car was consumed in a garage fire

Neither of her parents were injured, but their car was destroyed by the flames. They had bought it just last November.

Firefighters called in a second alarm after reporting heavy smoke from the front of the home. They brought it under control by 6:27 a.m.

Although the fire was contained to the garage mostly, it caused some damage to two unoccupied bedrooms inside the home, said Sonia.

Her parents are staying with family until they find temporary housing for them while the damage is repaired. It could take at least three months, the family was told.

"My mom was shaken up completely. My dad was in good spirits," she said. "It's replaceable, rebuildable. I told her, 'Don't worry, we can get (the house) back up again.'"

Immigration

Former refugees lose residency for visiting homeland

Ottawa has slowly — and quietly — stepped up efforts to strip permanent resident status from former refugees who were granted asylum in Canada and later returned to the country where they once faced persecution.

The federal government is

now actively pursuing reopening asylum files under what's known as a "cessation application" and forcing refugees whose circumstances have changed to leave Canada.

Advocates say the government initiative has created anxiety and fear among former refugees, who may sometimes travel back to their homeland to visit ailing relatives or visit for longer periods after conditions in the country improve.

TORSTAR NEWS SERVICE

University of Ottawa

Youth arrested on campus, charged with sexual assault

A male youth who had been going door to door at a University of Ottawa residence has been charged with one count of sexual assault, Ottawa police say.

The incident happened in the early morning hours Sunday at the Stanton Residence

at 100 University Private.

Police say the youth had entered eight rooms and attempted to enter more than 50 at the residence. University of Ottawa security found him on the fourth floor and Ottawa police arrested him shortly afterward.

The youth, who was not identified due to his age, was also charged with one count of breaking and entering.

He was released on a promise to appear in court.

JOE LOFARO/METRO



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Methot signs \$19M contract extension with Senators

NHL. New deal makes Sens defenceman the third-highest-paid player on the team



TREVOR GREENWAY
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Ottawa Senators defenceman Marc Methot got some ink done Monday, when he signed a four-year contract extension worth just under \$20 million — a deal that makes him the third highest paid player on the team behind Bobby Ryan and Erik Karlsson.

The deal will see Methot make \$19.6 million — \$4.9 US per season leading through the 2018-19 season — and while it sets the Senators up with a solid 1-2 punch on defense alongside Karlsson, the key will be for Methot to stay healthy.

"The impact that Methot gives to the Senators is all

about him staying in the lineup, ultimately," said Marc Appleby, president of Power-Scout Hockey, an Ottawa-based NHL analytics company.

Injuries have plagued Methot for his entire career — so much, in fact, that the big six-foot-three, 230-pound D-man has never played a full NHL season. He has played 75 games only once, in 2013-14, which was not surprisingly his best season with 23 points. In Methot's nine NHL seasons, he has played just 414 games.

But it's good timing for the Senators, says Appleby, as they will soon start to find out if Methot is the big veteran they think he is, or if he will battle injuries his entire career.

"I think the timing of the deal is really good for Ottawa, because he has just finished 400 games of experience and we found that to be the magic sweet-spot number when a guy moves from young defenceman to a veteran," Appleby said. "At 400 games, five full

seasons is when they start to really put it all together."

Things got a bit ugly when contract talks broke down and went public, but Methot says he is just happy it's done and he has some security in his hometown, where he learned to play the game.

"It just feels good that it's over with now and I can just focus on hockey," Methot said.

The deal includes a modified 10-team no-trade list. Senators GM Bryan Murray told reporters Monday that he feels the extension is fair to both sides.

"It's a term we liked, the money pretty much that Marc wanted so I think both parties leave the negotiations, which sometimes are tricky, somewhat satisfied that we got the job done," he said.

In 414 NHL games, the Ottawa native has 15 goals and 75 assists. He has added one goal and four assists in 10 playoff games with Ottawa.

WITH FILES FROM THE CANADIAN PRESS



The Ottawa Senators posted this photo to Facebook of defenceman Marc Methot and General Manager Bryan Murray as they announced the team had re-signed Methot to a four-year contract extension. FACEBOOK

Inuit woman's remains returned to northern community



Graham took this photo of the Mackenzie River while on a trip to return human remains to an Inuit community in Canada's Far North. CONTRIBUTED

The Inuit woman's skull did not belong in the archives of the Canadian Museum of Nature, and it should never have been taken from its burial site.

But museum officials were shocked to find the remains had been sitting in their stock since the late 1950s.

The recent discovery reignited a decades-long ethical dilemma and sparked a quest to return it to its resting place.

"I just said, whatever it

takes, we're getting this thing back to where it came from," said Mark Graham, the museum's vice-president of research and collections.

The story starts in the post-Second World War era, when a group of federal employees embarked on a research trip in the Far North. One botanist in the group was gathering plant samples when he discovered a specimen of lichen growing on a human skull in a burial site.

For reasons unknown, that botanist collected the skull and sent it to the Canadian Museum of Nature, which doesn't accept human remains. Three years ago, another curator discovered it while checking inventory.

Graham brought it to the Canadian Museum of History. There, an anthropologist found the remains belonged to a 30-something Inuit woman. According to photographs, she had been buried beside a kayak

no earlier than the 1880s.

"It was a real burial site and I just think, if one of my loved ones who I'd buried had been dug up or taken away for studying without asking, I'd be extremely upset," said Graham.

From there, his team contacted the Prince of Wales Northern Heritage Centre in Yellowknife, who connected them to the Elders' Committee in Tuktoyaktuk, in the Far Northwest.

After two days of plane connections, Graham landed in the community of about 900 people in August 2014 and met with the Elders. He said they were moved by the effort and planned to return the woman's remains to her burial site.

"This is nobody that I knew. Nobody that anybody knows," Graham said. "But ... it was a huge ethical problem and it should have never happened."

LUCY SCHOLEY/METRO



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Part-time soldiers wait up to two years for severance

Nicholas Vanderplas, a former corporal and part-time member of the infantry, says he's used to shoddy paperwork in the army, but waiting nearly two years for \$4,500 in severance pay has exhausted his patience.

He is not alone. As of last week, there was a backlog of 2,754 severance payment cases waiting to be processed. And those part-time soldiers who are on the list now, having just left the military, face longer waits than those just a few years ago. According to the department, it takes up to 21 months in some cases to process reservist severance claims through a old, inefficient system the Depart-

ment of National Defence had promised to fix.

"I am just so disgusted with everything that's been done there," said Vanderplas, 24, of London, Ont., who quit in May 2013 after dislocating his shoulder in a helicopter rappelling exercise. By comparison, members of the regular force waited 18 weeks for severance.

Former military ombudsman Pierre Daigle investigated a series of complaints in the late summer and early fall of 2013 when reservists, unlike full-time counterparts, were waiting between nine and 17 months to receive the stipulated payouts. **THE CANADIAN PRESS**

Politics

Radio-Canada employees 'hate' conservative values: Harper

Prime Minister Stephen Harper says "a lot" of Radio-Canada employees "hate" conservative values.

Harper says those values that are loathed by many employees of CBC's French-language network are the same ones that he says are supported by many Quebecers. Harper made the comments during a French-language interview with Quebec City radio station FM93, conducted last Friday and aired Monday. **THE CANADIAN PRESS**

Harper urged to intervene in Mohamed Fahmy's case

Open letter. 250 notable Canadians called on PM to press Egyptian counterpart el-Sissi on journalist's deportation

A number of prominent Canadians are calling on Prime Minister Stephen Harper to intervene "personally and immediately" in the case of a Canadian journalist on trial in Egypt.

In an open letter released Monday, 250 people — including comedian Rick Mercer, filmmaker Atom Egoyan, author Michael Ondaatje and diplomat Stephen Lewis — urged Harper to press his Egyptian counterpart Abdel Fattah el-Sisi on Mohamed Fahmy's case.

Fahmy was released on bail last Friday after spending more than a year in a Cairo prison, but he is set to return to court next week for the continuation of a retrial on terror-related



From left: Comedian Rick Mercer, director Atom Egoyan, and author Michael Ondaatje are shown in these file photos. In an open letter released Monday, 250 notable Canadians — including Mercer, Egoyan, and Ondaatje — urged Prime Minister Stephen Harper to press the case of jailed Canadian-Egyptian journalist Mohamed Fahmy. PHOTOS: THE CANADIAN PRESS FILE, GETTY IMAGES FILE, STR/AFP/GETTY IMAGES

charges his family has called ridiculous.

The letter to Harper calls for the prime minister to ask that Fahmy be allowed to leave Egypt under a new law that allows foreigners convicted or accused of crimes to be deported.

"We the undersigned are writing to urge you to intervene personally and immediately in the case of Canadian journalist Mohamed Fahmy, who is cur-

rently facing retrial in Egypt after 411 days of incarceration," the letter to Harper said.

When Harper was asked by reporters last week if he had spoken directly to the Egyptian president about Fahmy, he would say only that Canada's government has been in contact with Egyptian authorities at all levels, including his level.

Fahmy and his family have criticized the Canadian govern-

ment for what they see as a lack of adequate action on the case, particularly after Fahmy's Australian colleague was deported from Egypt two weeks ago.

"It's the role of Canada now, they have to show that it's for the national interest of Egypt to deport Mohamed," said Fahmy's fiancée. **THE CANADIAN PRESS**

Flip to Voices page 11 for Stephen Kim-ber's column on Mohamed Fahmy.

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Hundreds of people gather for a vigil near the cultural club in Copenhagen, Denmark, Monday. THE ASSOCIATED PRESS

Sources name gunman in Danish attack

Copenhagen. Slain suspect, 22, had gang links and got out of jail two weeks ago

The slain gunman behind two deadly shooting attacks in Copenhagen was released from jail just two weeks ago and might have become radicalized there last summer, a source close to the Danish terror investigation told The Associated Press on Monday.

Two Danish sources close to the investigation confirmed to the Associated Press that the slain gunman was named Omar Abdel Hamid El-Hussein. They spoke on condition of anonymity because Copenhagen police have not named the gunman, whom they said was a 22-year-old Dane with a history of violence and gang connections. Several Danish media have already named him.

One source told the AP that El-Hussein had been in pre-trial detention for a long time but was released two weeks ago. He also said the corrections authority had alerted Danish security service PET last year after they noticed worrisome changes in El-Hussein's behaviour last summer.

He wouldn't give specifics but said such alerts are issued when inmates change their attitude or behaviour in way that "sets off alarm bells."

PET spokeswoman Lotte Holmstrup declined to comment on the report, saying "we are working on finding out what has happened."

PET director Jens Madsen on Sunday confirmed that the gunman was known to the agency before the week-end attacks in Copenhagen that killed two people and wounded five police officers. He said the gunman may have been inspired by last month's terror attacks by Islamic extremists in Paris that killed 17 people, but did not elaborate on when his agency began tracking him.

The news about the suspected gunman came as Danes mourned the victims of the country's first fatal terror attacks in 30 years — and, in an unusual development, some also put flowers on the street at the spot where police killed El-Hussein. The prime ministers of Denmark and Sweden were expected to join thousands of people at memorials in Copenhagen on Monday evening.

While a Danish court on Monday jailed two suspected accomplices of El-Hussein's for 10 days, Prime Minister Helle Thorning-Schmidt insisted there were no signs the gunman had any links to a wider terror cell.

"But we will, of course, in the coming time evaluate our fight against radicalization. We are already doing a lot," she said.

THE ASSOCIATED PRESS

Ukraine

Fierce battle persists for rail hub, threatens cease-fire

Intense artillery exchanges between Ukrainian government forces and Russian-backed separatists persisted Monday around a strategic town in eastern Ukraine — fighting that threatens to dash a cease-fire deal brokered

by European leaders last week.

Under the cease-fire agreement negotiated by the leaders of Ukraine, Russia, Germany and France, the warring sides are to begin withdrawing heavy weapons from the front line Tuesday. That plan already looks at risk, with the rebels saying they are not satisfied that conditions are in place for the process to go ahead.

THE ASSOCIATED PRESS

Libya

Egyptian warplanes strike ISIL targets

Egypt bombed ISIL militants in neighbouring Libya on Monday and called on the United States and Europe to join an international military intervention in the chaotic North African state after extremists beheaded a group of Egyptian Christians.

The airstrikes bring Egypt overtly into Libya's tur-

moil, a reflection of Cairo's increasing alarm. Egypt now faces threats on two fronts — a growing stronghold of radicals on its western border and a militant insurgency of ISIL allies on its eastern flank in the Sinai Peninsula — as well as its own internal challenges.

ISIL weapons caches and training camps were targeted "to avenge the bloodshed and to seek retribution from the killers," a military statement said. THE ASSOCIATED PRESS

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Candy. Cadbury urged to sell fair-trade Easter eggs

World Vision says it wants Cadbury to hop to it — and bring an ethical Easter egg to Canada.

The international relief and development organization says that nearly 6,000 Canadians have signed its petition urging the chocolate maker to sell its fair-trade Easter treat here.

The group has used an email campaign among its supporters and social media to share a link to the petition and encourage them to sign.

Cadbury already sells a fair-trade Easter egg in Australia. In Canada, Cadbury Dairy Milk bars are currently

Fair trade

Fair-trade-certified cocoa ensures producers are small family farms that do not use forced or child labour and receive a guaranteed price for their harvest.

- About 2 million children around the world, largely in West Africa, work in dangerous conditions farming cocoa, according to World Vision.

fair-trade certified, spokesperson Stephanie Minna Cass said. **TORSTAR NEWS SERVICE**

Airlines

Checked baggage fees boost profits

Checked baggage fees are paying off for Canada's two major airlines. The charges are part of ancillary fees — which also include passenger fees for preferred seating, in-flight meals, and

premium economy privileges — that airlines have tapped to boost profits.

Air Canada's ancillary revenues per passenger grew 18 per cent in the fourth quarter from a year ago. WestJet Airlines boosted its forecasted take from the fees by 11 per cent to \$100 million.

THE CANADIAN PRESS

Uber, Airbnb highlight need for regulation, report says



Washington, D.C. taxi drivers protest on Pennsylvania Avenue in June last year, bringing street traffic to a stop as they demand an end to ride-sharing services such as Uber X and Lyft. **PAUL J. RICHARDS/AFP/GETTY IMAGES**

Sharing economy.

As companies move into new territory, governments must react quickly, warns the Mowat Centre

Companies such as Airbnb, Uber and TaskRabbit, which epitomize what's known as the sharing economy, are not going away, so governments must figure out ways to regulate them, a new report says. And that must happen quickly, before such firms become entrenched in their ways.

That's the message from the Mowat Centre, a think-tank at the University of Toronto. Mowat urges policymakers to recognize that they must step up to protect the public interest, while also ensuring that they don't destroy innovation.

"You have a Wild West

situation where people are engaging in transactions and the details haven't been thought out," said Mowat Centre policy director Sunil Johal, who co-authored the report, *Policy-making for the Sharing Economy: Beyond Whack-A-Mole*, with colleague Noah Zon.

Making cash by renting an apartment or doing an odd job has happened for ages. The difference today is that such activities are "at a scale that blurs the boundaries of the personal and the commercial and threatens to disrupt existing markets and regulatory models," the report says.

Johal concedes that no jurisdiction has come up with a simple solution to deal with these so-called disruptive companies that offer peer-to-peer service, such as a linking homeowner to a house cleaner, or a tourist to a room, or an artisan selling a handmade item to buyers.

TORSTAR NEWS SERVICE

CP Rail strike ends as both sides agree to resume talks

A day-old strike at Canadian Pacific Railway screeched to an unexpected halt Monday with the company and its union agreeing to binding arbitration just hours before employees were to be legislated back to work.

Labour Minister Kellie Leitch was on the verge of introducing a bill to end the dispute when she suddenly emerged from the House of Commons to reveal the two

Quoted

"A mediator will be named ... Details to come."

Teamsters Canada union announcing on Twitter that the CP strike had ended.

sides had beaten her to it.

The strike by 3,300 locomotive engineers and other CP train workers began Sunday. Leitch said the strike

could have cost the Canadian economy more than \$200 million in lost GDP every week.

Earlier, Teamsters union president Douglas Finnson had said he was disappointed by news of a back-to-work bill, calling it "premature and unnecessary."

He said the crucial issues of driver fatigue and working conditions were best settled through negotiations.

THE CANADIAN PRESS

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VOICES SLUSH!

It's almost impossible to get around in the winter and still look like a respectable human being by the time you get to your destination



YOUR RIDE
Kathryn Hunt

I am the first to admit, there is no graceful way to take off your snow pants in public. As a cyclist, my snow pants are pretty much indispensable.

Without them, I'd arrive at my destination with my pants soaked to the knee by slush, with an edging of salt stain.

But when I get where I'm going, I have to hop on one foot, trying to wriggle out of them without drawing too much attention. Then I have to find somewhere to keep them until it's time to pull them back on again.

A change room of their own

Some cyclists have argued that having changing and shower facilities in the workplace would make commuting to work by bike much easier.

It's not just cyclists suffering from the ongoing struggle of the Ottawa winter commuter. It's all of us.

You can look as nice as you want leaving the house: try getting to your destination without brushing against your car or someone else's (instant salt stains), stepping in a puddle or climbing over a snowbank (there's that wet hem on your pants), having the edge of your coat trail on the bus floor, dealing with hat hair, overheating in your winter coat, and generally getting to work crumpled and damp.

Some cyclists have argued that having changing and shower facilities in the work-

DO YOU HAVE A TRANSIT IDEA?

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ottawa@metronews.ca

place would make commuting to work by bike much easier.

In the winter, it might turn out to be useful for everyone, whether they walk, ride transit, or drive, to have a dedicated space at work where they can get from "travel mode" to "work mode." (Without having to hop on one foot in the foyer or try to change in a restroom.)

In the absence of a change room, though, commuters need to do a little more advance planning. It helps to keep spare shoes and socks at work, and arrive early enough to have time to clean up.

If you find you get crumpled clothing or wet hems and need to bring a change, roll clothes up to pack them instead of folding — they wrinkle less.

If you walk or bike and find you get sweaty, pack baby wipes, and give yourself 10 to 15 minutes to cool down before you change (it helps keep you from getting smelly).

For anyone, an emergency pair of socks, kept dry in a waterproof bag, will be a lifesaver after you step into that puddle.

And remind yourself: It's only for a couple more months.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.



A pedestrian tries to navigate an ice-covered sidewalk in Ottawa. Being prepared, like keeping extra socks at the office, goes a long way toward helping you survive the winter commute in comfort and style.

SEAN KILPATRICK/THE CANADIAN PRESS FILE

All citizens, including Fahmy, should have Canada's protection



STEPHEN KIMBER
readers@metronews.ca

Canadian journalist Mohamed Fahmy sits trapped in Cairo limbo awaiting retrial next week on trumped-up charges he spread "false news" supporting Egypt's outlawed Muslim Brotherhood.

Meanwhile, his Australian colleague, Peter Grete — who was convicted with Fahmy on the same charges last year — is home in Brisbane after being released Feb. 1 from what he calls the "near-death experience" of an Egyptian prison.

Why the difference? The Harper government. So suggests Fahmy himself.

Australia's prime minister, Fahmy told the CBC, spoke directly with Egyptian president Abdel el-Sissi on three occasions, pressing for Grete's release. Harper has refused to confirm whether he's spoken to el-Sissi even once. "We should have a prime minister calling Sis-

Not sticking up for Canadians

It's not the first time the Harper government — advancing ideological agendas, or simply demonstrating diplomatic deafness — has left Canadians to the un-tender mercies of foreign governments.

si over the phone," Fahmy said.

Worse, he added, recently resigned Foreign Affairs Minister John Baird played his usual bull-inside-the-diplomatic-china-shop role, insisting publicly during a visit to Cairo last month Fahmy would not face a new trial or further punishment in Canada if released.

But that was exactly the "diplomatic cover" el-Sissi needed to justify releasing Fahmy. So, instead of following Grete out freedom's door, Fahmy now faces even more

prison time.

It's not the first time the Harper government — advancing ideological agendas, or simply demonstrating diplomatic deafness — has left Canadians to the un-tender mercies of foreign governments.

Ottawa only reluctantly repatriated Canadian-born child soldier Omar Khadr — the last Western prisoner at the notorious Guantanamo detention camp — after our Supreme Court ruled this country had a "duty to protect" Khadr, whose charter rights were violated. The courts also had to force Ottawa to allow Abousfian Abdelrazik — a Sudanese-born Canadian who'd been cleared of allegations he supported al-Qaida — to return to Canada in 2009. And even though as transport minister John Baird championed the innocence of Bashir Makhtal, a Canadian sentenced to life in prison in Ethiopia for belonging to a terrorist organization, he did little as foreign minister to free him.

Why not? As Makhtal notes, his cousin "is

DO YOU HAVE A COLUMN IDEA?

What do you want to see on this page?
readers@metronews.ca

a Muslim-Canadian black man sitting in prison. I hate to admit this, but this is the reality."

So, too, is the reality Canada has chosen human-rights-violating Ethiopia as a "country of focus" for our international aid. Or that we support repressive Egypt on its "aspirational journey to democracy."

Last week, Canada changed foreign ministers. Now we need to change foreign policy. All Canadians, including Mohamed Fahmy, deserve to know their country will support them when they need it most.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.



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Rita Ora, left, and Tegan & Sara (Sara Quin pictured here) will be performing at the Academy Awards on Sunday. ALL PHOTOS: GETTY IMAGES

The Academy Awards set to be a sonic affair

Preview. Oscar show looks more like the Grammys with a number of big musical acts performing

Lady Gaga. Jennifer Hudson. Common and John Legend. Adam Levine. Rita Ora. Tegan & Sara. Tim McGraw.

This isn't the lineup for an upcoming pop concert, but rather for Sunday's Academy Awards.

"We want to entertain," said Neil Meron, producing his third consecutive Oscar ceremony with Craig Zadan. "And there's no better entertainment than to do it with music."

Host Neil Patrick Harris will perform an original song by the Oscar-winning writers

behind *Let It Go*, the producers said. Called *Moving Pictures*, the musical number will set a "subliminal theme" for the evening, Meron said.

"It really is celebratory about movies and yet it's kind of cheeky in a way," he said. "But yet it has a beautiful musical motif which ... we integrate throughout the show as kind of a call-back theme."

Added Zadan: "We didn't want to do a musical number that could have been on the Tonys, or anywhere else for that matter."

"It's a multimedia musical number," he said, "something that we've not done before."

Music is part of the production pair's professional DNA, though. Meron and Zadan produced the *The Sound of Music* and *Peter Pan* live TV specials, as well as the movie musicals *Hairspray* and *Chicago*, which won the



John Legend will perform with Common at the Oscars.

best picture Oscar in 2003.

The producers said they started booking musical acts even before they learned the year's nominees. But they were delighted with the nominated original songs.

"We were smiled upon in that respect," Meron said.

A spate of stars will bring those songs to life on the Oscar stage.

Common and Legend are set to perform their song, *Glory*, from *Selma*. Levine will sing *Lost Stars* from *Begin Again*. Ora will take on Diane Warren's song from *Beyond the Lights*, *Grateful*. Tegan & Sara will join with The Lonely Island for The Lego Movie song, *Everything is Awesome*. McGraw will perform Glen Campbell's song *I'm Not Gonna Miss You*, from the documentary about his struggle with Alzheimer's, *Glen Campbell... I'll Be Me*.

The producers wouldn't say what Hudson, Gaga and other entertainers, including Jack Black and Anna Kendrick, will sing.

THE ASSOCIATED PRESS

Fashion Week

Pregnant Coco Rocha glows in NYC

Coco Rocha's baby bump has caught up with the limelight and the proud supermodel mama couldn't be happier.

The Canadian redhead beauty is attending multiple shows at this year's New York Fashion Week, posing for cameras and chatting about her spring arrival — a girl.

"I'm not hiding. I'm so excited. It took a while for the bump to show so now that it's showing, it's been fun," a beaming Rocha said.

THE ASSOCIATED PRESS



Coco Rocha THE ASSOCIATED PRESS

Gossip

Nicki Minaj and Meek Mill caught canoodling

Nicki Minaj and rapper Meek Mill were spotted sitting together courtside during the NBA All-Star game Saturday Night at Barclay's Center in Brooklyn, and again during the All-Star game at Madison Square Garden.

Are they dating? We can't say for sure, but, by the look on their faces, they look like they were having themselves a good ol' time. Love was definitely in the air.

LENYON WHITAKER/METRO IN NEW YORK

Drake reveals a darker side on LP

For as long as Drake's been around, almost everything about him — his Mr.Sensitive image, his sweater collection, his cheesy photos with various professional athletes — has been the subject of a never-ending stream of Internet memes.

Still, Drake and his talent are no joke, and the Grammy winner's surprise album, *If You're Reading This*

It's *Too Late*, dares critics to say otherwise. Released six years to the day that Drake debuted his super successful *So Far Gone* mixtape, the Toronto native's latest set finds him in a serious space, not asking for respect, but demanding it.

If the mixtape's previously released track, *6 God*, wasn't warning enough, Drake is

more confrontational these days. "Please don't speak to me like I'm that Drake from four years ago, I'm at a higher place, thinkin' they lions and tigers and bears, I go huntin', put heads on my fireplace," he raps on *Energy*.

As usual, he's bragging about his crown (see: opening track *Legend*) but brooding over its weight (*No Tellin'*).

Compared to previous projects, though, *If You're Reading This* is darker and grittier, with a mix of lyrics and tone, that Drake, his longtime collaborator Noah '40' Shebib and crew have no doubt fashioned to match the brutal cold of Toronto, or "the 6," as they call it. (The name nods to the city's 416 and 647 area codes).

THE ASSOCIATED PRESS



Drake GETTY IMAGES

Music

Finding Bono



SOUND CHECK
Alan Cross
scene@metronews.ca

The man behind the counter at an Irish tourist office in central Dublin gave me a puzzled look.

"A what now walk?"

"A U2 walk. A guided tour of the U2 sites of Dublin."

He paused, looking even more confused. "Why wouldja wanna do that?"

So began my search for U2. You can walk all over Dublin for days without seeing anything that indicates the world's biggest band lives here. Sure, you can find the odd artifact. One of the Trabants used in the lighting rig for the ZooTV tour is hanging upside down in the Hard Rock Cafe. There's the graffiti on the exterior walls of U2's Windmill Lane Studios. And if you look hard in the tiny shops off Grafton Street, you might find a caricature portrait of the band selling for a couple of euros.

The band barely exists



The gates of Bono's house. ALAN CROSS

in their hometown. Walk onto the grounds on Mount Temple School and the only musical mention in sight is of an Elvis review being staged by the students. The Clarence, the hotel U2 owns in Temple Bar, bears no mark of its famous owners. The only musical thing I could find in the whole place was a miniature statue of Thin Lizzy's Phil Lynott standing next to the whiskey bottles in the Octagon Bar.

Other musicians are proudly celebrated. Rory Gallagher has a street corner named after him, with one of his guitars hanging high on a wall. There's an alley in Temple Bar with giant artistic

renderings of the Pogues, Sinead O'Connor and the aforementioned Lynott.

But U2? Ghosts. Well, almost. You might run across "Bono is a pox" graffiti which appears randomly on walls throughout the Republic, left by people who are unhappy with U2's moves to dodge paying taxes in Ireland.

If you're a fan visiting Dublin and want to see all the U2 landmarks, best do all your homework before you boarding the plane.

I thought about asking Bono about this when I drove up to the gate of his house in the Dublin suburb of Killiney, but he didn't answer the door. Funny, that.

Murphy goes for grooves, not laughs, with reggae song

Eddie Murphy biggest success in music came on his first try, with the 1985 smash "Party All the Time." After that, not much was heard from the entertainer on the musical front - but he kept on plugging away at it out of the spotlight.

"When I'm not acting and being funny, in my private time in my personal time I do music more than anything. I'm always in the studio," he said.

Now, Murphy is ready to let people know what he's been working on. Last month, he released a reggae single, "Oh Jah Jah," inspired by recent events.



Eddie Murphy's new release is called Oh Jah Jah. GETTY

Why the long wait before you released something new?

I wasn't waiting. I was just recording stuff. I stopped putting stuff out in the '80s because it was like a bunch of actors putting albums out. So I just kept writing my stuff and doing my stuff privately because I had no pressure and no expectations.

Will there be an upcoming album or collaborations?

I have collaborations with all kinds of different artists over the years. Stuff with B.B. King, I've recorded with Paul McCart-

ney, Snoop, ... Raphael Saadiq. As far as future collaborations, that all has to come together organically. As far as an album coming out, if one of these tracks jumps off and I get some momentum going, I'll put an album, but I'm not planning an album until I'm sure people want to hear something.

If you were to release a reggae album, would you put it out as Eddie Murphy or would you think of a reggae name?

I've got 25 years of stuff on the shelf. I could go right now and

pick six, seven, eight reggae songs and put out a reggae album. I've had people say, "You should put a record out because it's a good song and if they didn't know it was you, they'd like it under a different name," but, hey, these are my tracks and I'm not hiding behind any of it.

Any upcoming film projects?

I just finished a movie. It's not a comedy, though. It's called Cook and it's got a really strong director, the guy that directed Driving Miss Daisy and Tender Mercies, a guy named Bruce Beresford.

Any plans on returning to standup comedy?

When I was doing standup, it was a 100 comedians, now it's a 100,000 of them. So if I got onstage again, I'd have to be doing something that makes me different from all these other 100,000 comics. My fantasy when I think about live performances is a band playing a half-hour or 40 minutes of music and having the curtains go down then doing an hour of standup comedy.

THE ASSOCIATED PRESS

Just say Geronimo

New album. Aussie band Sheppard took a leap of faith and it's paying off in big ways

It may seem like Australian band Sheppard came out of nowhere with their massive hit Geronimo, but in actuality, it's been quite a long haul.

We caught up with Sheppard to talk more about the band's album, Bombs Away, (out March 10) and their North American tour. Some stops also include Meghan Trainor.

Big risks, big payoffs

Geronimo is about taking a risk in a relationship by starting things up again with an ex, but Sheppard says it has an underlying theme of not being afraid to take chances.

"Without risks, there's no reward, so make that leap of faith," he says. This has been somewhat of a theme for the six band members. "Being in a band in itself is taking a risk," Sheppard says. "There are no guarantees or a safety net. It's pretty risky, but we did it any-



Sheppard is embarking on a North American tour and getting ready to release their album on March 10. GETTY IMAGES

way." For his part, Sheppard never really had a plan B. "I cannot explain to you how much I loathed being at university," he says. "The thought of four more years of assignments and exams got me really depressed and I just couldn't handle it."

Instead, he, and the other five members of the band — two of whom are his sisters — decided to pursue music full time.

Learning on the road

For his part, Sheppard has

never looked back. "Pursuing music) has given me the opportunity to truly express myself, see the world and meet all sorts of different people who are at the top of their field," he says.

"Sitting in the classroom and reading lines of text, you can only learn so much, but it's when you get out there in the world and really experience it for yourself that's the real classroom. And that applies to any vocation."

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So you want to run a marathon

Training. Now is the time to prepare for major running events happening this spring

EVA
KIS

Metro News in New York City

Pumped up from watching marathons and thinking you can conquer the course this year?

The can-do attitude is a good start, but you're going to need some guidance — not to mention encouragement.

To get started, be as scientific as possible in your training, advises Josh "Speedy" Maio, head coach of the running program at Paragon Sports in Manhat-

tan.

"Test, test, test and test again, eliminating as many variables as you can to achieve optimum results," he says.

That includes figuring out what gear, clothing materials and food is for you.

"You'll want to track your eating habits heading into, during and after your long runs so you know exactly what works for you and your body."

All that experimenting — sport is a science, after all — will help get you race-ready in body and mind.

"As you hone everything, this will help you relax a little bit because you know everything you are using and are doing for your race works," Maio says.

"It's amazing what that

Quoted

"Test, test, test and test again, eliminating as many variables as you can to achieve optimum results."

Josh "Speedy" Maio, running program coach on a key aspect of marathon training

little bit of stress relief can do for you."

We asked Maio to start the countdown to your training for the big event in 2015.

Three reasons to run with a group

Distraction: "When you are training for a marathon, you can find yourself running a lot of miles alone, and those miles can get very tough. Having people to talk to and distract your brain

from what your body has to do can make those miles just melt away without feeling half as gruelling as they can."

Focus: "We all have speed, tempo and hill workouts to do during our training cycles, and these are all things we lament having to do. Nobody likes doing them, but having a group to battle through them with makes them much more bearable and, dare I say it, pleasant."

Accountability: "The group keeps you honest. You become 'accountabilibuddies' that motivate, support and push you towards your ultimate goal."

Two ways a specialty running store can help

Expertise: "Running specialists are involved in (your local) running community and can offer advice and recommendations from personal experience."

The right fit: "Most running footwear is separated into two categories: neutral and stability. Running specialists are trained to help runners determine their gait before they choose the type of running shoes that best fits them."

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Wearables do little to change behaviour, researchers find

Technology. Tracking devices may be popular, but new study questions how much impact they have on users' health

Despite their growing popularity and a burgeoning market, wearable tracking devices aren't likely to change behaviour, according to a report from the University of Pennsylvania.

A tremendous gap exists between recording data and changing behaviour, according to the team, with little evidence to say it could be bridged, or even narrowed, despite increasing popularity.

Authors Mitesh S. Patel and Kevin G. Volpp surveyed 6,223 wearable users and found that more than half of them had ceased to merit that title.

Of the more than 50 percent who had given up on their wearable, two thirds of them had done so within the first six months after purchasing it.

Patel and Volpp traced these dismal stats to four categories of reasons as to why wearables are failing their customers: price, fatigue of the gadget itself, accuracy in track-



Gadget fatigue, tracking accuracy and effectiveness of data reporting are among the reasons users are abandoning wearable tracking devices. ISTOCK

By the numbers

50%

More than half of the 6,223 wearable users surveyed by researchers at the University of Pennsylvania had given up on their tracking device.

ing and effectiveness of data reporting methods.

Of price, the researchers say that wearables appeal to those who need them least, for their survey revealed wearable users to be of a young, high-earning demographic who described themselves as early adopters of technology. Patel and Volpp

applauded efforts by employers and insurers to make wearables available to those who have the most to gain from the experience.

Of the gadget itself, the researchers say the additional steps it implies can be just too bothersome for those who may have a difficult time already. To save time spent syncing, charging and connecting, it could be best to stick to smartphones.

They question the accuracy of newer functions in trackers like sleep and heart rate and say devices should take a more direct approach, such as connecting to an actual medicine bottle instead of hiding dosage information in an app. AFP

Mind the App

A calorie counter that talks back



MIND THE APP
Kris Abel
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CARROT Hunger
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This talking calorie counter will help you track your food consumption and workouts with helpful feedback and darkly humorous "punishments" when you overindulge. Not as accurate as it is amusing. It may even call you a "meatbag" for your naughty choices.



Smoking. Trying to quit? Biology may be against you

There are a lot of things that revolve around our visits from Aunt Flo, ladies. But apparently, the list is even longer if you're trying to quit smoking.

According to a new study out of the University of Montreal, chocolate is not the only thing you crave like clockwork.

"Our data reveal that (uncontrollable) urges to smoke are stronger at the beginning of the follicular phase that begins after menstruation," says psychiatry professor Adrianna Mendrek.

As estrogen and progesterone levels drop, they start a vicious cycle of withdrawal symptoms and "increase activity of neural circuits associated with craving," she says. Mendrek believes that quitting could be easier for women after ovulation, when both those hormones are flowing freely.

But the solution is not as simple as timing. Fewer than one in 10 smokers who quit remain smoke-free after a year, and women have a harder time quitting than men. Previous smoking-related animal stud-



Women may find it easier to stop smoking after ovulation, according to researchers. ISTOCK

ies have also shown gender differences. "Female rats become addicted more quickly, and are willing to work harder for the same quantity of dose," Mendrek explains, which led her team to conclude that women are at higher risk of addiction, likely because of hormone fluctuations.

She added, however, that stress, anxiety and depression probably remain more important factors to consider when a person is trying to quit.

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Nutri-Bites

Pancakes for dinner — it's a Shrove thing



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Pancake Tuesday! Oh, how I loved it as a kid, and I'm sure my mom did, too — what could be easier than pancakes for supper? But why pancakes, and why on Tuesday?

Shrove Tuesday was turned into Pancake Tuesday by the Brits. Shrove comes from the word "shrive" which is a Christian process of presenting oneself for confession, penance and absolution. It is performed on the day before Lent begins (Ash Wednesday) when some pleasure must be given up for the six-week duration. Originally, that "pleasure" was any form of fat, and so became "Fat Tuesday" or Mardi (Tuesday) Gras (Fat).

And, if you are going to give something up, goes the thinking, you must gorge upon it in advance. So as not to waste, you see. Pancakes use

up all the eggs and butter, so it only makes sense that they would come to represent this holy day. (Not really, but since it's the way things are, let's make the best of it!)

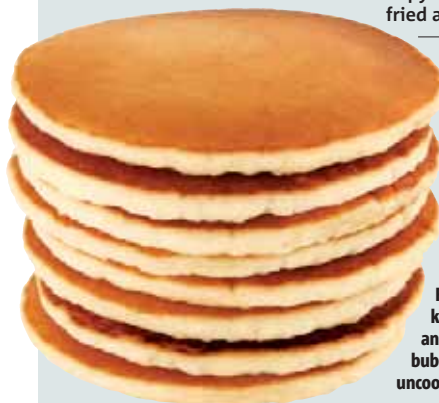
The only trick with pancakes is to make sure the batter isn't too thick and don't pour each one too large to flip. Flip once, only when you see bubbles forming on the top, uncooked side. Oh, and make amends no matter what your faith: You will feel better.

Pancakes don't have to be boring anymore. Here are some new ways to spruce them up:

- Go savoury and spread on some hummus. Then you can slip in a salad.
- Use canned pumpkin and cinnamon in your mix to bump up the vitamin A and fibre. You'll need less sweet stuff on top, too.
- Add nuts to a gluten-free pancake and be super virtuous.
- Top your pancakes with grated parmesan cheese before you flip and make a crispy foundation for fried apples.

- Top wet pancake with crunchy granola and add hemp seeds for more protein before flipping.

For perfect pancakes, keep the batter thin and flip just once when bubbles form on the uncooked side. ISTOCK



This recipe makes four servings. Serve pancakes with fresh berries and your favourite topping. ISTOCK

Coconut makes a pancake that's fibre-rich, yet light

Pancake Tuesday.

Easy, gluten-free protein pancakes stack up to a healthy way to celebrate the day

Coconut flour is not only gluten-free, it is high in fibre and good fat.

Despite its health benefits, you would think it would be dense and heavy like almond flour or others but it is quite light and fluffy.

Ingredients

- 2 egg whites
- 1 cup coconut flour
- 3 whole large eggs
- ¼ cup milk (or alternative)
- Pinch cinnamon
- Coconut oil for frying

It does have a vague coconut taste but that can be disguised if you are one of the few who doesn't enjoy that.

My Nutri-Bites column at left has ideas on how to dress up simple pancakes.

Directions

1. Whisk egg whites in a blender until they are fluffy and no longer liquid.
2. Gently blend in coconut flour on low.
3. Whisk whole eggs, milk and cinnamon together and blend into batter.
4. Thin with more milk one tablespoon at a time until it is the consistency of egg nog.
5. Preheat a pan over

medium high heat and add coconut oil.

6. Pour batter into pan to create 3- to 4-inch disks and cook until you see a few bubbles.
7. Flip once and remove.
8. Continue with remaining batter, wiping pan with coconut oil in between.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Muffaletta flatbread mixes Mardi Gras flavour with pizza ease

Directions

1. Heat oven to 500 F. Lightly coat 2 baking sheets with vegetable oil or cooking spray.
2. To make pesto, in a food processor combine roasted red peppers, capers, olive oil and walnuts. Pulse until finely chopped, then transfer to a bowl.
3. To make the olive salad, in the food processor (no need to clean it) combine both olive varieties, cherry peppers, pickled vegetables, garlic, pepper, Italian herbs and red pepper flakes. Pulse until roughly chopped. The pieces should be no bigger than a 1/4 inch.

4. Divide dough into 6 pieces. Stretch or roll dough into long, thin ovals, about 4x9 inches. Arrange dough on prepared baking sheets and allow to rest 10 minutes.

5. If needed, stretch out the dough ovals again. Lightly brush each piece with olive oil. Top each with alternating stripes of pesto and olive salad across the dough, then top with strips of salami and provolone. Bake 6 to 8 minutes, or until the dough is crisp and the flatbreads are lightly browned. Enjoy warm or at room temperature.

THE ASSOCIATED PRESS

Ingredients

For the red pepper pesto

- 1/2 cup roughly chopped roasted red peppers, drained and patted dry
- 1 tablespoon capers, rinsed
- 1 tablespoon olive oil, plus extra
- 2 tablespoons toasted walnuts

For the olive salad

- 1/2 cup green olives
- 1/4 cup black olives
- 1/4 cup chopped sweet cherry peppers
- 1/4 cup chopped pickled

vegetables

- 2 cloves garlic, minced
- 1/4 teaspoon ground black pepper
- 1 teaspoon dried Italian herb blend
- 1/4 teaspoon red pepper flakes

For the flatbreads

- 20-ounce ball pizza dough, room temperature
- 2 1/2 ounces sliced salami, cut into thin strips
- 3 ounces sliced provolone cheese, cut into thin strips



This recipe makes six servings. THE ASSOCIATED PRESS

Court

Arbitrator orders Armstrong pay \$10M in fraud case

An arbitration panel ordered Lance Armstrong and Tailwind Sports Corp. to pay \$10 million in a fraud dispute with a promotions company for what it called an "unparalleled pageant of international perjury, fraud and conspiracy" that covered up his use of performance-enhancing drugs.

Dallas-based SCA Promotions announced the 2-1 decision against the former cyclist when its lawyers said Monday they had asked Texas' 116th Civil District Court in Dallas to confirm the arbitration ruling, dated Feb. 4. The panel included a neutral chairman, who ruled in favour of SCA, and one person selected by each side.

Tim Herman, a lawyer for Armstrong, insisted the ruling is contrary to Texas law and predicted it will be overturned by a judge.

THE ASSOCIATED PRESS

AHL

Carrick, Marlies edge Senators

Sam Carrick scored his second goal of the game midway through the third period as the Toronto Marlies beat the Binghamton Senators 5-4 in American Hockey League action Monday.

Ryan Rupert also had two goals for Toronto, while Josh Leivo also scored.

Cole Schneider, Garrett Thompson, Derek Grant and Jean-Gabriel Pageau scored for the Senators.

Christopher Gibson made 22 saves for the Marlies, while Peter Mannino stopped 26 shots for Binghamton.

THE CANADIAN PRESS

Sens wrap up vital signing of Methot



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

That sound you heard at 9:30 a.m. Monday was a collective sigh of relief for the Ottawa Senators and their fans. Senators general manager Bryan Murray, assistant GM Pierre Dorion and Marc Methot's agent Mike Liut struck a deal to keep the defenceman in Ottawa for four more years at a cap-friendly hit of \$4.9 million average per season.

Methot's camp was believed to be commanding a four- to six-year deal with a dollar amount north of \$5 million per season. The Senators made several offers to the 29-year-old earlier this season — the last being multiple years at \$4.7 million. This was prior to the potential unrestricted free agent switching agents from Ottawa-based lawyer Larry Kelly to Liut, who entered the negotiation when Kelly announced his retirement.

Could signing with the Senators qualify as a hometown discount? Methot, raised in Ottawa's Mooney's Bay area, still resides in the neighbourhood.

Most certainly the 29-year-old would have received better offers on the open market. Rangers D-man Marc Staal recently signed a six-year extension averaging \$5.7 million per season. Other comparables include the Capitals' Matt Niskanen's yearly cap hit of \$5.75 million and Brooks Orpik's \$5.5 million.

One member of the Senators who's happy with Methot's decision is his defensive partner Erik Karlsson.



Had Marc Methot and the Senators not agreed on a contract extension, general manager Bryan Murray said he would have tried to move the defenceman before the March 2 trade deadline. JIM MCISAAC/GETTY IMAGES

Karlsson is at his best with Methot on his left. The captain bounced from partner to partner while Methot was out with a season-long hip ailment. Since the Jan. 8 return of the six-foot-three, 231-pounder, Karlsson has six goals and 13 points in 15 games. More importantly, he is a plus-8. In 37 games without Methot, Karlsson was minus-9.

Murray intimated that Methot would be moved at the March 2 trade deadline if an agreement wasn't reached. There were no shortage of suitors. The Predators,

Cap friendly

\$4.9M

Marc Methot's four-year contract extension comes with a cap hit average of \$4.9 million per season.

who since acquired Cody Franson from the Leafs, the Canadiens, Ducks, Kings, Lightning and Red Wings are all in the market for a blue-liner.

The Senators have eight defencemen including Methot on the roster. One of

Jared Cowen, Eric Gryba or Patrick Wiercioch will likely be deadline trade bait — with Wiercioch, a healthy scratch on 18 occasions this season, being the likely candidate to leave.

Credit must go to Murray and the Senators organization, considering Craig Anderson, Clarke MacArthur, Methot, Bobby Ryan and Jason Spezza could have left at the end of this season. With the exception of Spezza, all were locked up long-term. While the club received four assets for their former captain.

Blackhawks' Hossa wins week's first-star honour

Chicago Blackhawks forward Marian Hossa has been named the NHL's first star of the week.

Hossa had a league-leading five goals and added an assist over four games last week as the Blackhawks picked up six of a possible eight points.

Los Angeles centre Tyler Toffoli was named the second star with four goals and two assists in three games.



Marian Hossa
GETTY IMAGES

star honour. THE CANADIAN PRESS

Nashville goaltender Pekka Rinne went 3-0-0 with a 1.30 goals-against average and .954 save percentage last week to pick up the third-

NHL

Kulikov banned four games for hit on Seguin

The NHL has suspended Florida Panthers defenceman Dmitry Kulikov four games for clipping Dallas Stars forward Tyler Seguin.

Seguin is expected to miss three to six weeks with a right-knee injury.

THE CANADIAN PRESS

No Maple Leafs players are safe from trades: GM

No one is "untouchable" as the Toronto Maple Leafs embark on a rebuilding project that could see a major roster turnover.

General manager Dave Nonis began the deconstruction of the Leafs on Sunday by trading Cody Franson and Mike Santorelli to the Nashville Predators. It's the first move to cash in ahead of the March 2 trade deadline and the first of many

Quoted

"We're going to make moves whenever they come about that we think can help us."

Maple Leafs GM Dave Nonis

before the 2015-16 season.
THE CANADIAN PRESS

Down to the final 16

With Europe's top club competition set to resume, here are story lines to watch heading into the Champions League's knockout stage

THE ASSOCIATED PRESS Photos by Getty Images



Decimated PSG

Paris Saint-Germain is in the midst of an injury crisis ahead of Tuesday's home game against Chelsea.

Midfielder Yohan Cabaye, Brazilian winger Lucas, centre half Lucas and right back Sergie Aurier all limped off injured in Saturday's 2-2 home draw with Caen and have been ruled out. Midfielder Blaise Matuidi is rated as doubtful after taking a blow to his knee.

Chelsea primed

The contrast between injury-hit Paris Saint-Germain and fully-rested Chelsea could not be greater.

Jose Mourinho's Chelsea benefited from a rare week-end off with the team not involved in FA Cup action.

"I welcome this little rest for the players," said Mourinho.

Even worse for PSG, Chelsea's top scorer Diego Costa will be back after serving a three-game ban.



Bayern back in form

Bayern Munich answered a recent dip in form with an 8-0 hammering of Hamburger SV for the club's biggest Bundesliga win in over 30 years on Saturday.

"I'm happy that we're back to our way of playing," Bayern coach Pep Guardiola said ahead of Tuesday's trip to play Ukrainian side Shakhtar Donetsk.

The game is being played in Lviv due to the deadly conflict in the east of Ukraine.

Respite for Ronaldo

Cristiano Ronaldo finds himself in a rare position: The goals are drying up for the Real Madrid star.

The Ballon d'Or winner has not scored in his past three games and has netted just four times in the past 10 — unexpected giving that he started the season with 17 in his first 11.

The good news is that Schalke is the next opponent on Wednesday.

Ronaldo scored four goals when Madrid routed the German side 9-2 on aggregate in the competition last season.



Odd ones out

Basel vs. Porto is the only one of eight pairings without a club from the big three Champions League nations of Spain, England and Germany — and that suits them just fine.

They have just a single quarter-final appearance between them since Porto became European champion for a second time in 2004.

Porto was among just three clubs, with Real Madrid and Chelsea, to advance unbeaten through its group.

FA Cup

Red Devils survive scare in Preston

Manchester United had to come from behind to avoid an FA Cup upset at Preston, rallying with three second-half goals to beat the third-tier club 3-1 and reach the quarterfinals.

United's win sets up a meeting with defending champion Arsenal next month, and Louis van Gaal's team will have to improve dramatically to stay on course for a first title under the Dutchman.

THE ASSOCIATED PRESS



Marouane Fellaini scored the winner on Monday in Preston, England. GETTY IMAGES

MLB

A-Rod welcomes third-base rival

Chase Headley says Alex Rodriguez has "reached out and introduced himself."

Headley was signed to a \$52 million, four-year contract by the Yankees, who plan to start him at third base and shift Rodriguez to designated hitter.

Returning from a season-long suspension for violations of baseball's drug agreement and labour contract, the 39-year-old Rodriguez hopes to win back his old job at third base. Headley said A-Rod contacted him shortly after he reached the agreement in mid-December.

"We didn't talk about that," Headley said Monday after working out at the Yankees' minor league complex in Tampa, Fla. "It was just more of an introduction. I think we both care about winning. That's the most important thing and that's what we talked about. That (other) stuff will sort itself out. I'm not going to concern myself with that. I'm going to come out and try to do the best I can to do my job, and however that shakes out it will shake out." THE ASSOCIATED PRESS

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NBA. Chase is on for LeBron's Cavs after break

LeBron James isn't used to looking up at so many teams at the all-star break.

The Golden State Warriors and Atlanta Hawks occupy his former perch atop the standings, and Stephen Curry and Paul Millsap think that's where their teams belong. The Western Conference is loaded as usual — so good that all-star game MVP Russell Westbrook wouldn't even be in the playoffs if they started now.

There are three teams between the Hawks and fifth-place Cleveland in the East, putting James in the rare position of chaser.

He can't wait to try. "I'm excited. I'm excited what our team can accomplish," he said. "We entered the break playing some really, really good basketball; winning 14 of our last 16. I'm going to take these next couple of days off and get back in the gym on Wednesday a little bit, go hard on Thursday and get ready to play Washington on Friday."

The NBA has a longer mid-season break than usual this season, with play not resuming until Thursday. That gives Westbrook extra time to rest after pouring in 41 points Sunday in the West's 163-158 victory at Madison Square Garden.



LeBron James had 30 points in the all-star game on Sunday night at Madison Square Garden. GETTY IMAGES

The East was expected to come down to Chicago and Cleveland, and maybe it still will. Besides the Cavaliers' strong run to the first-half finish, with James looking healthy and Kevin Love appearing more comfortable, the Bulls won their last four to surge into third place.

Neither is likely to catch the Hawks, who rode an undefeated January to a 43-11 record. Their balanced team play put four players in the all-star game. THE ASSOCIATED PRESS

AUGMENTED REALITY



Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Remind yourself that what you are anxious about exists solely in your mind and cannot affect you in the world at large.

Taurus

April 21 - May 21

There are times when it pays to be blunt and this is one of them. Others won't mind what kind of language you use today so long as they understand where you are coming from.

Gemini

May 22 - June 21

You will need to keep a cool head today because something is going to happen that has others running in all directions and getting nowhere fast.

Cancer

June 22 - July 23

Ignore your critics. The only mistake you made was letting them know what you were planning. Next time keep it to yourself. You can live without their feedback.

Leo

July 24 - Aug. 23

Even if you are a bit short cash-wise at the moment the planets indicate you will make good your losses over the next few weeks.

Virgo

Aug. 24 - Sept. 23

Someone you love will do something today that makes you realize there is a lot about them you still don't understand. Is that such a bad thing? It keeps your relationship interesting.

Libra

Sept. 24 - Oct. 23

The Sun is about to move into the most hard-working area of your chart but that does not mean you have to do everything yourself. Spread the load over the next few days.

Scorpio

Oct. 24 - Nov. 22

When dealing with people whose motives you are not entirely sure about, make certain what they say and do can't hurt you.

Sagittarius

Nov. 23 - Dec. 21

Minor disagreements could get out of hand today, so promise yourself now that no matter what the provocation might be you won't rise to the bait.

Capricorn

Dec. 22 - Jan. 20

You can blame other people for what has gone wrong but wouldn't it be more honest to look at your own performance first?

Aquarius

Jan. 21 - Feb. 19

It's up to you what you do with your cash, of course, but surely you can find something better to spend it on, something that brings long-term benefits to you and yours.

Pisces

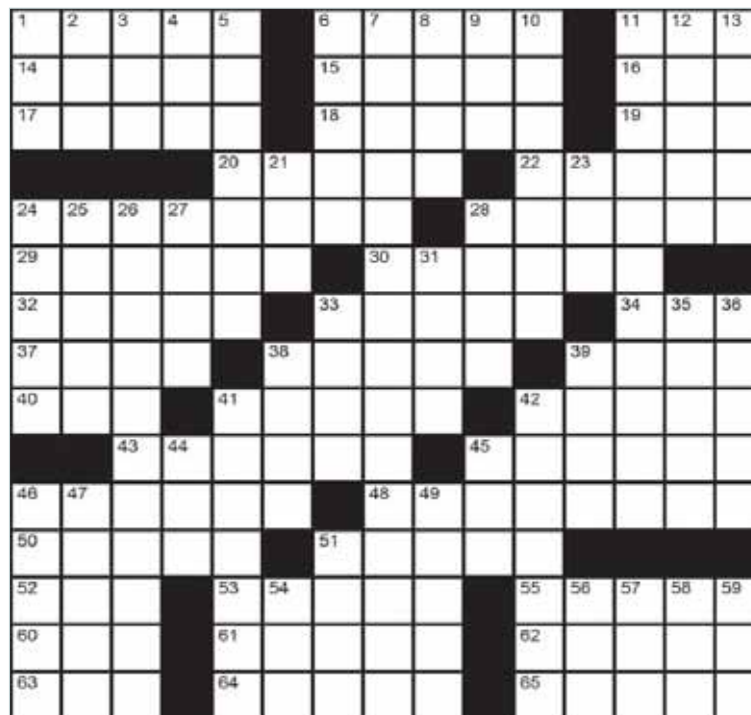
Feb. 20 - March 20

The Sun's move into your sign tomorrow will bring new challenges and new opportunities. Today, rest while you can.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Saskatchewan village an hour north of Saskatoon
6. Annul
11. Li'l loudness
14. There ___ '___' in 'Team'
15. Stage
16. Fuss
17. "___ the Moon" (1999) starring Jim Carrey
18. Raring to go
19. Society pages word
20. Academic stretches
22. Accolades
24. Bluegrass song about Tennessee: 2 wds.
28. Compares to
29. "All ___!" (Conductor's call)
30. "Oh My Darling Clementine" bit: "...dwelt ___ forty-niner..."
32. Le ___ d'Arthur (King Arthur work by Sir Thomas Malory)
33. Chills
34. Dyson, e.g.
37. Ink implements
38. Female red deer [pl.]
39. Shakespearean verb
40. Compass pt.
41. Divulges
42. Canadian actor Colm
43. Respite



45. Things growing in Quebec forests
46. Invented-in-Canada baby cereal
48. ___ de soleil (Sunglasses, in French)
50. Some seals
51. ___-sac
52. 'I love', in Latin
53. Country singer Travis

55. Old Testament figure
60. Prefix to 'political'
61. Poly's materialistic friend?
62. Music genre, ___ Contemporary
63. Western CFL'er, e.g.
64. Mikhail Gorbachev's late wife

65. Dependent
- Down**
1. Boundary, briefly
2. Conductor, ___-Pekka Salonen
3. Heart singer Ms. Wilson
4. Jack of "Barney Miller"
5. Wings' bagpipes hit: "Mull of ___"

6. 'Dum spiro, ___' = 'While I breathe, I hope' in Latin
7. Bubbly glasses: 2 wds.
8. ___ to riches
9. Peer Gynt's mother
10. "Blue Suede Shoes" by Carl ___
11. Toronto-born actress Laura ___ of

- "Bitten" on Space
12. Ancient theatre
13. Windblown silt deposit
21. Flight-leaving info
23. What Tiny Tim played, commonly
24. Highway exits
25. Some woodwinds
26. Newfoundland city: 2 wds.
27. Kit ___ (Some chocolate treats)
28. Untruths
31. Mires
33. River of northern England
35. Bruce Cockburn's "If ___ Falls"
36. Game with Knights
38. Corey of "The Lost Boys" (1987)
39. Money owed
41. Boisterously boast
42. Actor/narrator Morgan
44. Rock supergr.
45. Certain conjunction
46. Suffix meaning 'a thing that devours'
47. Actor, Willie ___
49. Prefix to 'violet'
51. NY Mets ballpark, ___ Field
54. Cape Town's home [acronym]
56. Provincial song: "___ to Newfoundland"
57. Litigate
58. Long ago time
59. Pen

Friday's Crossword



Online

See today's answers at metronews.ca/answers

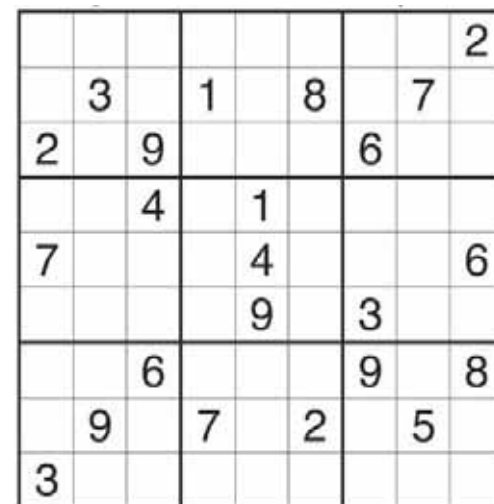


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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